

LIFESTART® MATERNITY MANAGEMENT

Let's go ///

/// Contigo Health's LifeStart® Maternity Management Program empowers participants to become actively engaged in their pregnancy and prenatal care to help promote healthier outcomes.

LifeStart® Maternity Management Nurses work closely with members and the physicians supporting their maternity care to promote the best outcome for both mother and child. The program engages expectant mothers early in their pregnancies to help keep moms and babies healthy and to help avoid pregnancy-related complications. The goal of the program is to decrease pre-term delivery rates and unnecessary elective cesarean deliveries.

The program provides:

- Continuous comprehensive health and lifestyle assessments, focusing on pre-term birth prevention
- Dedicated Maternity Nurse Specialist providing personalized counseling and health recommendations to help maximize a positive health experience
- Individualized education materials about pregnancy and childbirth
- Breastfeeding assessment and resources, including help getting a breast pump at no extra cost to the member
- Access to a 24/7 helpline for questions and support
- Coordination with obstetrical plan of care

For more information about this program, please contact your Contigo Health Account Manager.